To promote the "Just Culture" value by educating, motivating and empowering staff to end incivility and increase teamwork



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WHY SYNERGY CAMPAIGN?





MY BULLY STORY

I was so cool ! Why would anyone Bully me ?









PROBLEM/FOCUS LITERATURE



 The Synergy Campaign will uphold The American Nurses Association (ANA) position that nursing personnel have the right to work in healthy work environments free of abusive behavior, such as bullying and hostility.

(American Nurses Association, n.d.).

• Bullying is manifested as; verbal abuse, behaviors-physical or nonverbal that are threatening, intimidating, or humiliating. It can include work sabotage, interference with production, exploitation of a vulnerability-physical, social or psychological, or some combination of one or more categories"

(Namie & Namie, 2011, p. 11).



PROBLEM/FOCUS LITERATURE



• Almost 21% of nursing turnover can be related to bullying.

(Johnson & Rea, 2009)

• In a study on workplace bullying, most of the respondents reported being bullied by the charge nurse, manager, or director.

(Johnson & Rea, 2009)

• Nurses who survive bullying early in their careers tend to carry their learned behaviors with them. They accept the bully culture as part of the job and eventually may choose to bully other nurses.

(Johnson & Rea, 2009)

• One in six nurses (13%) reported being bullied in the past six months.

(Sa & Fleming 2008)





ANA POSITION STATEMENT

 Statement of ANA Position: ANA's Code of Ethics for Nurses with Interpretive Statements states that nurses are required to "create an ethical environment and culture of civility and kindness, treating colleagues, co-workers, employees, students, and others with dignity and respect." Similarly, nurses must be afforded the same level of respect and dignity as others (ANA, 2015a). Thus, the nursing profession will no longer tolerate violence of any kind from any source. All registered nurses and employers in all settings, including practice, academia, and research must collaborate to create a culture of respect, free of incivility, bullying, and workplace violence.

Incivility, Bullying, and Workplace Violence Effective Date: July 22, 2015 New Position Statement



CIVILITY & RESPECT TOOL-KIT WWW.STOPBULLYINGTOOLKIT.ORG

Free resources to empower healthcare leaders to identify, intervene, and prevent workplace incivility and bullying

- Moral Compass
 - Introduction
 - How to use the tool-kit
 - Socio-ecological model
- Helpful Links
- Grouping of resources into
 - Truth
 - Wisdom
 - Courage
 - Renewal







THANK YOU DR. BOLICK

Beth Nachtsheim Bolick, DNP PPCNP-BC CPNP-AC FAAN

- Robert Wood Johnson Foundation Executive Nurse Fellow 2012-2015
- Professor and Director Acute Care Pediatric Nurse Practitioner
 Program





"BULLYING HAS LONG EXISTED IN HEALTH CARE; IT WAS THE UGLY SECRET THAT NO ONE WANTED TO TALK ABOUT. HOWEVER, THE CULTURE OF ACCEPTANCE AND SILENCE THAT ACCOMPANIED IT IS FINALLY BEING BROKEN. THE CONVERSATION IS CHANGING TO FOCUS ON CREATING CIVIL CULTURES THAT EMBRACE COLLEGIALITY AND RESPECT."

- EDMONSON & BOLICK, 2015





THANK YOU DR. COLE EDMONSON



FEATURES

Stopping the Bullying Cycle

Creating a safe environment for staff has been a personal and professional mission for one noted nursing leader.

By Elizabeth Adams

Last updated on: January 23, 2013 | Posted on: January 16, 2013

📮 <u>View Comments (19)</u> 🐣 <u>Print Article</u> G+1 0 🖬 Like 134 Share

No matter how old you are there are still bullies in this world, but it is never too late to break the cycle.

In one of the most caring professions, it seems ironic that nurses struggle with bullying within their own field. One article states that 73 percent of new nurses reported being bullied in the past month (Berry, et al., 2012).

But new nurses are not the only ones feeling the heat and pressures from co-workers, experienced nurses still experience bullying.

No matter the reason behind bullying, the result is the same. Whether it is the "old eating their young" approach, a mix of low self-esteem or a learned behavior from a young age, bullying has



a tremendous amount of negative consequences that do not just affect an individual but the entire healthcare industry.

Bullying can cause nurses to leave their profession, increasing turnover and destabilizing the patient care system and care process, which can ultimately put patients in danger.

Creating Change



Cole Edmonson, DNP, RN, FACHE, NEA-BC, CNO at Texas Health Presbyterian Hospital Dallas and Robert Wood Johnson Foundation Executive Nurse Fellow, has found that overcoming bullying and creating a safe bully-free environment has been a personal and professional journey for him.



OCTOBER IS ANTI-BULLYING MONTH











CLARK WORKPLACE CIVILITY INDEX

- Lets take 5 minutes to complete this assessment
- Don't think to much answer quickly
- Are you surprised by your answers?
- Reflect





SOURCE: Clark, C.M. (2013). *Creating and sustaining civility in nursing education*, Indianapolis, IN: Sigma Theta Tau International Publishing.

The Clark Workplace Civility Index[®] used herein is copyrighted property of Dr. Cynthia Clark. This material should not be reproduced in any form without Dr. Clark's expressed written permission.

To complete the index, consider the 20 statements listed below. Read each statement carefully. Using a scale of 1- 5; (5) always, (4) usually, (3) sometimes, (2) rarely, (1) never, select the response that most accurately represents the frequency of each behavior by asking yourself...

How often do I...

	Always (5)	Usually (4)	Sometimes (3)	Rarely (2)	Never (1)
 Assume goodwill and think the best of others 	0	0	0	0	0
2. Include and welcome new and current colleagues	0	0	•	0	•
 Communicate respectfully (by e-mail, telephone, face-to-face) and really listen 	•	0	•	0	0
4. Avoid gossip and spreading rumors	•	•	•	0	•
 Keep confidences and respect others' privacy 	0	0	0	0	•
6. Encourage, support, and mentor others	•	•	•	0	•
7. Avoid abusing my position or authority	0	0	0	0	0



2016 INTERPERSONAL PERCEPTIONS SURVEY

- 39% of staff reported that in the last 5 years a superior or coworker put you down or was condescending to you.
- 22.96% of staff stated a superior or coworker addressed them in a unprofessional terms either publicity or privately
- 33.08% of staff stated a superior or coworker paid little attention or showed little interest in your opinion
- 29.27% stated a coworker yelled at me in front of others



INCIVILITY & BULLYING IN THE HEADLINES

Nurse-to-nurse bullying more than just a sore point

Western Pennsylvania's top news and sports source





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THE

DEFINING INCIVILITY & BULLYING

Workplace incivility/bullying is any negative behavior that demonstrates a lack of regard for other workers. This can include a vast number of disrespectful behaviors including:

- Harassment
- Passive-aggressiveness
- Teasing
- Gossiping
- Purposely withholding business information
- Overruling decisions without a rationale
- Sabotaging team efforts
- Demeaning others
- Verbal intimidation
- Eye rolling





PHYSICAL/PSYCHOLOGICAL MANIFESTATIONS

Common reactions:

- Acute or chronic anxiety
- Depression
- Sleep interruptions
- Fatigue
- Lack of mental focus



Post-traumatic stress disorder:

- An experience that shatters all you had believed in and valued
- Manifestation: Withdrawal, Conversion, Projection





EFFECT ON PATIENT OUTCOMES

- -Inattentive health care
- -Self-doubt
- Dismissive treatment of patients
- Patients may feel intimidated, embarrassed, or belittled
- Patients pay the ultimate price





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COURAGE: CODE WORD

• The organization can choose any code word that's appropriate in a particular environment to signify that a person is experiencing bullying.

Examples of Code Words that may be considered are:

- Code White
- Code Grey
- Code Black
- Code 88
- Ouch
- Dr. Strong
- Dr. Heavy
- Strong Alert





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POLICIES DO YOU HAVE THEM ?







HR-E 01.50 PROHIBITION ON DISRUPTIVE CONDUCT IN THE WORKPLACE

 Rush University Medical Center and Rush University strive to create and promote safe, cooperative and professional work and learning environments in which disruptive conduct is not tolerated.



WHAT DOES DISRUPTIVE BEHAVIOR INCLUDE?

• Intentionally humiliating, berating or demeaning others in private or public settings;

- Using threatening language and/or engaging in aggressive behavior;
- Yelling, using profanity and/or disrespectful language;
- Inappropriately labeling colleagues, patients or students;
- Writing inappropriate chart or file notes;
- Displaying uncontrolled rage;
- Bullying or intimidating others to control or gain compliance;
- Refusing to complete an assigned task, carry out assigned duties or failing to adhere to organizational policies;
- Gossiping or intentionally spreading false rumors about others;
- Engaging in behavior that is detrimental to patient care or to the learning environment;
- Retaliating against any person who has reported disruptive behavior or participated in the review process following a report of disruptive behavior; and,
- Other prohibited behaviors identified in Rush's Code of Conduct and the Prohibition against Harassment, Discrimination and Sexual Misconduct.





gettin' MY Happy dance on!



WHAT ABOUT A REPORTING SYSTEM?

• Does anyone even have one, show of hands ??













HEALTHCARE LEADERS RESPONSIBILITY

HEALTH CARE LEADERS have a RESPONSIBILITY to employees, students, and the public to provide work and school ENVIRONMENTS that are FREE FROM ABUSE AND HARASSMENT. When WORKPLACE BULLYING has been identified as a PROBLEM, senior leaders must take SWIFT, APPROPRIATE ACTION to ensure the ABUSE STOPS, the PERPETRATOR is held ACCOUNTABLE, and steps are taken to ensure bullying does not occur again. POLICIES and PROCEDURES must be implemented and ENFORCED to ensure staff and students FEEL SAFE to REPORT INCIDENTS of incivility/bullying.













Receive IRB approval to survey the nursing staff using the Intrapersonal Perceptions Survey

INTRAPERSONAL

Time series analysis trend data showing decrease in the following questions.

- ✓ Have you ever thought of leaving your current position because of the bullying or other hostile actions of others
- ✓ I feel like I can trust the charge nurses/team leaders
- Can speak directly to the person with whom I have an issue



Develop and Implement the Synergy Educational Retreat

INTERPERSONAL

• Establish and effectively use of code word.

 Computer based educational program



Formalizing Bullying Reporting System

INSTITUTIONAL

- Formalizing bullying report process via safety event or 1800 number.
- Institute BE AWARE and CARE.
- Appoint a point leader for bullying elimination program.



Incorporating Synergy Campaign

into the Environment

STRUCTURAL ENVIRONMENT

- Updated nursing orientation with section on Synergy Campaign.
- October stop bullying Campaign at RUMC and ROPH.
- Synergy Campaign newsletters and media.

POLICY



• Employee yearly evaluation tool.

On managers what are you giving the bullies on evals?



WOW I AM EXHAUSTED LETS TAKE 10

 \vdots

Nursing is all about give and take. I give you 10 mg of Haldol so I can take a 10 minute break.

Oh, you must work in a hospital too.

Original crude med-ecard humor from The Happy Hospitalist Blog





NOW WHAT CAN WE DO?

HOW DO WE BUILD TEAMWORK TO STOP BULLYING AND INCIVILITY





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MY STORY !!





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SYNERGY

CAMPAIGN
WHAT IS CREW RESOURCE MANAGEMENT?

Crew Goals





Basic Principles

Recognizing human error is inevitable Reliable team chemistry is essential to success

Mitigating error with team centered tools & practices





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1979 NASA workshop:

 Representatives from all major commercial & military aviation

Response to series of aviation catastrophes

Workshop Findings:

Presented data demonstrating 'human error' as the root cause of these aviation accidents

Crew Resource Management (CRM)
CRM developed as system to promote safety & effectiveness







A BRIEF HISTORY OF CREW

Institute of Medicine Report (1999)

- To Err Is Human: Building a Safer Heath System
- Estimated 44,000 98,000 people die each year in US as result of medical error

"Healthcare is a decade or more behind other highrisk industries in its attention to ensuring basic safety."

High Reliability Organizations (HROs) Models

- HROs, for example aviation, serve as models for healthcare institutions
- Aviation is high risk and high reliability



SYNERGY Campaign



INSTITUTE FOR HEALTHCARE IMPROVEMENT

National Patient Safety Foundation®



THE NATIONAL ACADEMIES Advisers to the Nation on Science, Engineering, and Medicine



















What about my baby girl?





SO WHAT DO YOU THINK ?

If you were the surgeon would you want Rebecca to speak up?

Based on the culture you believe exists in your organization will Rebecca speak up?

...Why or Why Not?

If she does speak up, what will she say?





TENERIFE MARCH 27^{TH} , 1977

KLM. From the people who made punctuality possible,

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583 DEAD. WHY?

70 % of accidents are based on *human error* in a *team setting*

Errors result from human limitations:

- Fatigue
- Workload
- Cognitive Overload
- Poor Communication
- Flawed Decision Making







A TEAM EXERCISE

Team:

- Your table is your team
- Leader is person with most healthcare experience

Rules:

- No pens / pencils, calculators or phonea-friend
- Only the team leader gives the answer

Challenge

 Add the series of numbers





START COUNTING 1000





YOUR TEAM'S ANSWER..







START COUNTING	Q
1000	THE Synergy Campaign
1000	
1000	
30	
20	
1000	
40	
1000	
10	



A TEAM EXERCISE

Did your team change its answer?









DEBRIEF THE CHALLENGE

Team Management

How did you manage your team differently?

Recognizing Adverse Situations
What made this challenge difficult?

Communication

 Did anyone have the correct answer and have difficulty convincing your team leader of it?

Decision Making

- Did the leader answer first and then ask what you thought?
- What is the problem with that?



Debriefing

Having discussed the challenge would you approach it differently if you did it again?



LESSONS LEARNED

Stop

No matter how well trained, motivated, professional, or wellintentioned

If humans are involved error is inevitable

Aviation's Solution

Fix the blaming the system individual

Mitigate error through Crew

Implement Train team safety tools skills



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Create Culture of Learning with Transparency & Accountability Team members Accountable for their actions

JUST CULTURE

Staff accountable for their actions not blamed for system faults

Differentiates unsafe systems from unsafe individuals (reckless or risky behaviors)



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Creating a Culture of Safety



"Our systems are too complex to expect merely extraordinary people to perform perfectly 100% of the time. We, as leaders, have a responsibility to put into place systems to support safe practice."

> - James Conway, Former President IHI



SHIFT TO TEAM SYSTEM APPROACH

THE

CAMPAIGN

Group of Experts

Individual focus (clinical skills)

Teamwork - loose concept

Individual performance

Unbalanced workload

Having information

Self-advocacy

Self-improvement

Individual efficiency

Under-informed, individual decisions

Expert Team

Dual focus (clinical & team skills) **Teamwork - clear understanding Mutual Support -Team goals** Managed workload Sharing information **Patient advocacy Team improvement Team efficiency** Informed & collaborative Team decision SYNERGY



Surgical Safety Checklist

World Health Organization (WHO)Implemented at 8 hospitals internationally

Compared Data

- 3733 surgical patients pre-checklist
- 3955 patients post-checklist implementation

Study Outcomes

- Surgical death rate decreased 47%
- Inpatient complications decreased 36%
- Surgical site infection rate decreased 45%
- Unplanned return to OR decreased 25%



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HARDWIRED SAFETY TOOLS



YES, AND ADEOUATE INTRAVENOUS ACCESS AND FLUIDS PLANNED

- CONFIRM ALL TEAM MEMBERS HAVE INTRODUCED THEMSELVES BY NAME AND
- SURGEON, ANAESTHESIA PROFESSIONAL AND NURSE VERBALLY CONFIRM PATIENT
 - PROCEDURE

ANTICIPATED CRITICAL EVENTS

- SURGEON REVIEWS: WHAT ARE THE CRITICAL OR UNEXPECTED STEPS. **OPERATIVE DURATION, ANTICIPATED** BLOOD LOSS?
- ANAESTHESIA TEAM REVIEWS: ARE THERE ANY PATIENT-SPECIFIC CONCERNS?
- NURSING TEAM REVIEWS: HAS STERILITY (INCLUDING INDICATOR RESULTS) BEEN CONFIRMED? ARE THERE EQUIPMENT ISSUES OR ANY CONCERNS?

HAS ANTIBIOTIC PROPHYLAXIS BEEN GIVEN WITHIN THE LAST 60 MINUTES? YES NOT APPLICABLE

- IS ESSENTIAL IMAGING DISPLAYED? YES
- NOT APPLICABLE

THAT INSTRUMENT, SPONGE AND NEEDLE COUNTS ARE CORRECT (OR NOT APPLICABLED HOW THE SPECIMEN IS LABELLED (INCLUDING PATIENT NAME) WHETHER THERE ARE ANY EQUIPMENT PROBLEMS TO BE ADDRESSED

SIGN OUT

TEAM:



NURSE VERBALLY CONFIRMS WITH THE

THE NAME OF THE PROCEDURE RECORDED



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THE SYNERGY CAMPAIGN 6/

User Comments

User Feedback:

- 78% observed the tool catch or prevent an error
- 80% easy to use, accomplished quickly and improved safety of care
- 20% not easy to use, took too long, didn't improve patient safety.

User Comments:

 When asked "If you were having an operation, would you want the checklist used?

93% said Yes



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THE CHECKLIST MANIFESTO

"When we implemented this checklist in eight other hospitals, I started using it because I didn't want to be a hypocrite. But hey, I'm at Harvard, did I need a checklist? No. I was in that 20 percent."

"I have not gotten through a week of surgery where the checklist has not caught a problem."





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"Mr. Osborne, may I be excused? My brain is full."

5 minute break





MODULE 2: CREATING AN EFFECTIVE TEAM














What constitutes a good team?

- The coach?
- The Players ?
- The Team?
- All of the above





AND I GUESS THESE GUYS NOW ALSO GO CUBS GO CUBS GO !!!



RACING IS A "CHEMISTRY SPORT" IT'S IN MY BLOOD (WELL MY HUSBANDS)







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Racing is a "chemistry sport"





Does This Team Have Any Room for Improvement?



Basketball is a "Chemistry Sport" Greater roster stability → Better record

Study of 23 NBA teams 1980-1994, Berman et al 2002



IS TEAM CHEMISTRY IMPORTANT IN HEALTHCARE?

• Surgeon's performance is not "portable"



- Better patient outcomes where surgeons have more experience with their teams
- Familiarity helps the surgeon perform better. (Huckman & Pisano, 2006)
 "Success did not correlate with overall surgical experience of the operator, nor their hospital's volume, but was highly dependent on the extent to which teamwork skills were implemented and maintained by the surgeon and his/her team."

Pisano GP et al. Management Science 47(6):752, 2001.



IS TEAM CHEMISTRY IMPORTANT IN HEALTHCARE?



- 43% involved communication breakdown
- > 16% with distractions or interruptions
- > 49% failure of vigilance
- > 3% with failure of memory

13% Dead 33% Disabled



Gawande et al. Surgery. Analysis of errors reported by surgeons at three teaching hospitals 2004.



IS TEAM CHEMISTRY IMPORTANT IN HEALTHCARE?



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TEAM BUILDING EXERCISE

Building a Tower...









- 1. Your team is going to build a tower together
- 2. No talking, gestures OK
- 3. Do not share the information on your card with other team members





TEAM BUILDING EXERCISE





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HOW CAN YOU BUILD GOOD TEAM CHEMISTRY?





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BUILDING TEAM CHEMISTRY

Use interpersonal skills:

- Introduce yourself
- Make eye contact when communicating



- Learn and use names
 - People who know each others names work better together than those who do not
 - Activation phenomenon





BUILDING TEAM CHEMISTRY

Be Standardized to Create Virtual "Roster Stability"

- Establish and follow standard processes
- Train all team members on standards and roles
- Equip team members with useable tools



Illinois Organization of Nurse Leaders An affiliate of the American Organization of Nurse Executives PCCU Chest Exploration & ECMO Prep Checklist

Silver Procedure cart	
Red Procedure cart	Present and fully stocked
	,
	Present and workin g
Bovie Pad (located in top drawer red cart)	Present and placed on patient
Headlamp	Present and working
Zoll/Lifepack	
Emergency Medications	Appropriate doses prepared
	(according to code sheet bedside)
Warm Saline	
GU imigant (in Pyxis)	Present
Crash Cart	
Suture Tree	Present and stocked
IV Pushpoit	Present
Flushes	Present and ready
Hats and Masks	1 box each present
2 stools	Present
QRS	Volume turned up
Procedure Sheet	Present and stamped with patient in fo
Appropriate individuals informed	
Charge Nurse	Informed
Attending	informed
Fellow	Informed
NP	Informed
RT	Informed
Service Center	Informed



Building Team Chemistry



Create a Shared Mental Model

Does the team understand the equipment/technology they are using?

Do the team members understand the task at hand?

- -Technical procedure
- -Strategy/contingencies
- -Environmental conditions

Understand role and responsibilities of themselves as well as other team members?





BUILDING TEAM CHEMISTRY

Team Leader: Invite participation from the Team

- Explicitly ask team members to:

- Provide information
- Express concerns
- Speak up when necessary

"I expect you to speak up."



Encourage questions to verify understanding "What questions do you a have?"



BUILDING TEAM CHEMISTRY

"The greatest problem in communication is the illusion that

it has been accomplished."

Acknowledge All Communication

- "Closed loop communication"
- Communication to a specific person that is acknowledged by the receiver and then affirmed by the sender
- Confirms understanding



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HOW CAN YOU ENSURE THAT <u>ALL</u> TEAM MEMBERS, NO MATTER WHO THEY ARE, WILL USE THESE SKILLS IN THE CLINICAL SETTING?







Results of OR Pre-Brief

Better Performance and Care

- Kaiser Permanente reported 50% cut in unexpected delays, RN turnover from 19% to zero, elimination of wrong surgeries (Defontes,2004)
- Postoperative complication rates fell by 36% on average, and death rates fell by similar amount. (Gawande et al, 2009)
- Effective tool in *promoting teamwork among surgery staff members* (Makary et al, 2007)
- Interprofessional checklist briefings *reduced* the number of communication failures and promoted proactive and collaborative team communication (Lingard et al, 2008)









Evaluate this team

✓ Used interpersonal skills?

Eye contact, body language, names, etc.

✓ Provided Big Picture ? Plan, critical points, contingencies, etc.

✓ Invited participation?



✓ Asked open ended questions?

✓ Acknowledged communications?



Better teams have:

• 21% fewer avoidable deaths

 12% fewer avoidable complications







WHAT QUESTIONS DO YOU HAVE ABOUT CREATING AN EFFECTIVE TEAM?



Mike, Carmel, you go to the garden store and get five bags of lime. Dana, Gord, Jill, get me a tarp and carpet, then check Google Earth for a secluded stretch of highway. The rest of you, you'll help me bury the facilitator... who, ironically, has apparently just led the most successful team-building exercise in our company's history.



IN CONCLUSION

- If we built effectives teams would we have workplace bullying and incivility?
- If we taught effective communication would we have workplace bullying and incivility?
- What can you do as emerging nurse leader to change YOUR environments culture ?





CONTACT INFORMATION





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